

whitecoat *newsletter*



GRACE KENNETT FOUNDATION

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Mr I. Anandakumar	Dr S. Bevinson Perinbaraj	Dr Janet Sankar	Mr Richard B.Rajan	Dr (Capt.) Augustus Samuel Dodd

Dear friends,

When you start a new venture, the first thing you wait to see is whether it will find its bearings. The Vogue, Tranquil, Cinderella and Grey Matter venture is making steady progress. Our sincere thanks to all who access and patronise our facilities.

Some vested interests have created some rumblings about community colleges which attracted media attention. They will do better by improving the nursing education in the country rather than attacking a successful 60 year old model of community colleges for skill development and women's empowerment.

Ignorance of law is not an excuse. Illegal adoption is treated as human trafficking. Two doctors have been arrested in Madurai. Adoption can be done only

through specialized adoption agencies. Attacks on hospitals and extortion of money by mobs is becoming a trend. We have systems in place to minimize such episodes.

We have a lot of new young energetic consultants in the team. This is a refreshing change. They all are doing a fantastic job.

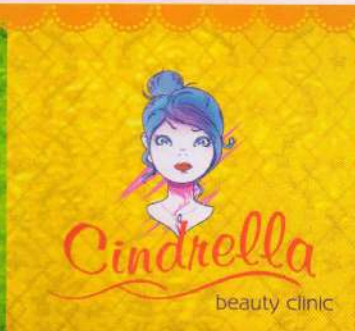
Together we shall keep Grace Kennett Foundation's flag flying high always.



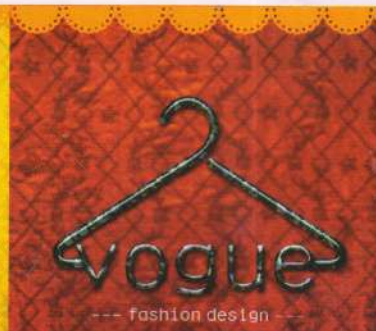
Regards,
- Dr Augustus Samuel Dodd



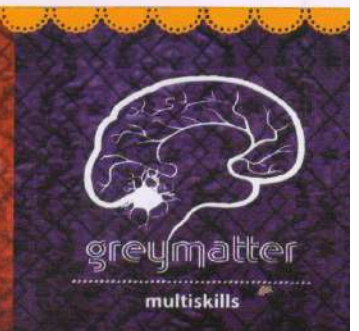
TRANQUIL
Ayurvedic Point



CINDRELLA
Beauty Clinic



VOGUE
Fashion Design



GREYMATTER
Multi Skills

***** YOUR DESTINATION FOR TRANQUILLITY | BEAUTY | FASHION | BRAINS *****

PREVENTION OF LUNG DISEASE

Visitor:

If visitors have cold or flu symptoms, ask them not to visit until they are feeling well.

Environment:

- Keep your house clean and free from excess dust. Keep your bathrooms and sinks free from mold or mildew.
- Do not work in or visit any form of construction site. Dust can be harmful. If you absolutely must go near this type of area, wear a mask provided by your doctor.
- Avoid air pollution, including tobacco smoke, wood or oil smoke, car exhaust fumes and industrial pollution which can cause inhaled irritants to enter your lungs. Also avoid pollen.
- Make sure your cooking vent is working properly so cooking fumes can be drawn out of the house.
- If possible, try to stay away from large crowds in the fall and winter when the flu season is at its peak.

Equipment care:

- Keep breathing equipment clean.
- Do not let others use your medical equipment, including: oxygen cannula, metered dose inhaler (MDI), MDI spacer, nebulizer tubing and mouthpiece.

Diet:

- Try to eat a balanced diet. Good nutrition is important to help the body resist infection. Eat foods from all the food groups.
- Drink plenty of fluids - at least 6 to 8 eight-ounce glasses per day (unless your doctor gives you other

guidelines). Water, juices and sports drinks are best.

Hand washing:

- Frequently wash your hands with soap and warm water, especially before preparing food, eating, taking medications or breathing treatments; and after coughing or sneezing, using the bathroom, touching soiled linens or clothes, and after you've been around someone with a cold or the flu as well as after you've been at a social gathering. It is also good to carry waterless hand sanitizers with you to use when necessary.

Other general health guidelines:

- Do not rub your eyes, as this can transmit germs to your nasal passages via the tear ducts.
- Quitting smoking and avoiding second-hand smoke (the smoke from a burning cigarette or cigar and the smoke exhaled by a smoker) are important steps you can take to protect your lungs from infection.
- Follow your doctor's medication guidelines.
- Get enough sleep and rest.
- Manage your stress!
- Talk to your doctor or health care provider about getting a flu shot every year and get the pneumonia vaccine if you have not had one.
- Avoid all kinds of irritants.

- Mr S Madhavan B.PT, MFPT
Consultant - Physiotherapist



TRANQUIL – AYURVEDA THERAPIES



Swedanam (Steam Bath)

Swedana (Sweda – Sweat), the most famous traditional Ayurvedic treatment known as the steam or sudation therapy is specifically designed for weight loss and fat reduction. The therapy uses steam generated from medicated herbal decoctions to induce sweat of perspiration. The objective of the therapy is to dilate the channels of the body to detach the toxins out of the body. This therapy is ideal to establish a state of

balance and also promote general health and well-being.

Siroabhyangam (Head Massage)

Siroabhyangam promotes harmony and balance in the body by freeing constrictions within the facial muscles and connective tissue. Pressure on specific pressure points on the face and scalp helps to release all the stress – induced toxins from your face and restores it to its natural balance.

Kizhi (Herbal leaves pack)

It is also a special treatment procedure introduced by traditional Ayurvedic vaidyas of Kerala. Kizhi literally means medicated bolus. It is made by tying various forms of medicaments in a cotton cloth and then applying these bolus after heating.



- Ms M Parvathi

VOGUE – FASHION DESIGN

We are happy to tailor to your needs!



Each day we wear clothes that do more than just cover our bodies.

DRESS DEFINES US
– You are what you

wear! Clothes reflect our personalities. It is an expression of who we are and an extension of ourselves. Our costumes represent our moods, the time we live in, our ambitions and our desires.

Vogue is a part of Grace Kennett Foundation. We are here to help you design clothes that suits you best.

Our special attributes are as follows:

- We design clothes that fit you perfectly. Vogue uses your body measurements to create the dress that suits you. Feel at home, when you visit us. You have a

friend here, not just a tailor!

- Every garment produced is made to order with Expert Craftsmanship.

- 100% satisfaction is guaranteed at Vogue. The goal of Vogue is to ensure our customers are fully satisfied with their costumes.

- Last not but least - Timely Delivery –Your newly stitched garments will be delivered on time.

Services offered at Vogue are special clothing for hospitals and schools, Aariwork on designer blouses, hand and machine embroidery work on designer blouses, etc. All kinds of stitching like saree edges and fall fixing, ordinary and designer blouses, simple and designer salwar kameez sets and chudithars, skirts and blouses, frocks for children are undertaken.

We welcome you all to your fashion home – Vogue – for customized designer wear.



- Ms S Shalini

PHOTO GALLERY

